Perky potatoes for a picnic

Be it a bit of bacon, chopped chicken or sliced salami, there are plenty of ways to perk up your potato salad PAGE 12

BEYOND RECALL

COLIN FARRELL BEEFS UP FOR HIS ROLE IN THE MOVIE TOTAL RECALL, AN UPDATE OF THE 1990 SCI-FI CLASSIC PAGE 9

REGIONAL metro®

Monday, July 30, 2012

News worth sharing.

metronews.ca | twitter.com/metroregina | facebook.com/metroregina

DIVING DIVAS IN SYNC

Team Canada bronze medallists Emilie Heymans, left, and Jennifer Abel flash smiles as big as their medals on the podium after the women's synchronized three-metre springboard diving event at the London 2012 Olympic Games on Sunday. Story, page 16. MARTIN BUREAU/GETTY IMAGES

Rider Nation rattled after breakdown

Fans express worry after the home team blew a 19-point lead in Saturday's loss to the Tiger-Cats PAGE 2

Syria at odds over Aleppo

Syrian rebels hold neighbourhoods in the commercial hub of Aleppo, while the regime blames neighbouring countries for the destruction PAGE 3

Comedian sorry for Aurora quip

Dane Cook took to Twitter to apologize in the wake of outrage over his joke about the Colorado theatre shooting during a show in Los Angeles PAGE 10

GIVING CANADA'S ATHLETES THE VISION TO SUCCEED

LASIK MD VISION

LASIK starting at $490/eye* • FREE Consultation: 1-855-785-2020 • lasikmd.com/teamlasikmd

NEWS 1

Second 4th-quarter breakdown leaves Rider Nation unsettled

Blame all around. Some fans fault the defence, some the QB and coaching staff — while still others advise chilling out

JEFF MACKEY
jeff.mackey@metronews.ca

As the dust settles after Saturday's 35-34 loss against the Tiger-Cats, Riders fans are left scratching their heads, wondering how the team could blow a 19-point lead so quickly.

The Riders have now lost their last two games in heartbreaking fourth-quarter breakdowns.

"It sucked," said Dustin Hurley, a life-long Riders fan. "I happened to be at the casino for a friend's birthday party and I didn't even have to see the final, you could just hear in the plays, 'Boooooo.'"

Quoted

"If you said back at the beginning of the season that the Riders would be 3-2 after five games, we would all be happy."

Riders fan Ken Frank

Some fans fault the defence for allowing the Ticats to march up the field in the fourth; others accuse quarterback Darian Durant and the coaching staff of failing to connect and convert in the dying minutes of the game.

"They need to find a way to play 60 minutes of football instead of 45, that's all," said Gavin Wood, who also pointed out that the loss was a team effort.

Still, many fans are preaching restraint, cautioning against hitting the proverbial panic button.

"If you said back at the beginning of the season that the Riders would be 3-2 after five games, we would all be happy," said Ken Frank, also a Riders fan.

Saskatchewan Roughriders quarterback Darian Durant drinks water on the bench during first-quarter CFL action against the Hamilton Tiger-Cats in Regina on Saturday. LIAM RICHARDS/THE CANADIAN PRESS

"When the Riders lose everyone gets down on the quarterback and down on the team, but when they win no one says much."

Follow Jeff Mackey on Twitter @MetroJeffMackey

Roller derby continues to rock province

A jammer for the Saskatoon Rockettes works her way through the pack at Prairieland Park on Saturday night. MORGAN MODJESKI/METRO

Although roller derby is still considered by many to be a fringe sport, organizers of the Saskatoon Roller Derby League (SRDL) say it continues to grow in Saskatchewan.

At a recent regional bout between the Saskatoon Killa' Bees and the Regina Gravediggers at Prairieland Park, Sarah Mathiason, or Mega BiteMe, president of the SRDL, said the change has been obvious.

"When I first joined there were quite a few girls in it, but joining, you could just sign up any old time you wanted and training was not the best," said Mathiason.

"Since then, we've kind of grabbed the reins, organized fresh-meat nights and brought people in and got training."

Even though uniforms are colourful and playful, she said athletes take the sport very seriously. "Everything that goes on with roller derby is by the roller-derby players," said Mathiason. "There's a derby motto — 'For the skater, by the skater' — so we're only limited by our imagination." MORGAN MODJESKI/METRO

Derby dictionary

- **Jammer:** The point scorer. A player responsible for working her way through the pack to complete a lap, thus scoring points.
- **The pack:** Made up of four blockers, the pack tries to slow the opposing jammer from completing a lap while making room for their own team's jammer.
- **Jam:** A period of up to two minutes in length where the jammer tries to score as many points as possible, but the lead jammer can stop the jam at anytime.

On the web

What will they think up next? A Taiwanese animation studio has created an unconventional video about U.S. restaurant Chick-fil-A's anti-gay views. Scan the code to see the video.

Bank-note fraud

'White money' scam defrauding Sask. residents

Saskatchewan RCMP are warning the public of a scam being reported in the province, referred to as the "white money" scam. It has recently been used to target residents selling high-priced items.

Potential victims are shown sheets of blank paper the size of bank notes and told they are bills altered to prevent theft. They are told the "white money" needs to be subjected to a process in order to return to currency.

The suspects often demonstrate a process in which two pieces of "white money" are put on either side of a legitimate bank note.

The package is covered in powder, wrapped and pressure is applied. The victim is then distracted and through a sleight-of-hand exchange, real money is substituted for the "white money" in attempts to make the victim believe the blank paper can be converted to currency.

The scam has recently been reported in southern Saskatchewan but police believe the group operating this scam is transient. METRO

For more local news visit metronews.ca

Katepwa Provincial Park

Body of drowning victim recovered

The body of a 26-year-old man was recovered from Katepwa Provincial Park Saturday.

Fort Qu'Appelle RCMP report that witnesses saw the man walking into the water about 20 metres from shore, and then struggling in the water. Numerous people tried to rescue the man but were unsuccessful.

METRO

Lumsden area

Regina man dies in collision

A 69-year-old man from Regina is dead after a fatal car accident on Sunday. The accident took place six kilometres south of Lumsden. The Lumsden RCMP are reporting that two vehicles were involved, but the condition of the other driver isn't being disclosed. No names have been released at this time.

METRO

A worker walks through the first Jordanian tent camp for Syrian refugees fleeing violence in their country in Zataari, near the Syrian border, Sunday. There are at least 142,000 Syrians seeking refuge and their numbers are growing daily by up to 2,000. MOHAMMAD HANNON/THE ASSOCIATED PRESS

Regime, rebels fight for Aleppo

Syria. Opposition calls for international support, regime blames Muslim countries for destruction

Syrian tanks and artillery pounded rebel-held neighbourhoods in the commercial hub of Aleppo on Sunday in a bid to retake control as President Bashar Assad's regime accused regional powerhouses Saudi Arabia, Qatar and Turkey of trying to destroy the country.

Activists say opposition fighters control large swathes of territory across Syria's largest city. The government has been struggling for a week to beat back their assault and stem the tide of recent rebel advances in the civil war.

The head of the main opposition group, the Syrian National Council, called for international help in arming the rebels to face the regime's heavy weaponry, particularly tanks.

"If the international community cannot act, they should support the opposition with anti-tanks missiles and anti-aircraft rockets," Abdel Basset Sida told the Gulf News during a stopover in Abu Dhabi. "We seek international supporters to arm our uprising against the regime."

Saudi Arabia and Qatar have expressed willingness to help fund the rebels and they are believed to be funneling money through Turkey to the opposition, which is using it to purchase arms and equipment.

Syrian Foreign Minister Walid al-Moallem railed against interference by the region's Sunni powers. He accused them of supporting the rebels at the behest of Israel.

"Israel is the mastermind of all in this crisis," he said during a joint news conference in Tehran with his Iranian counterpart. THE ASSOCIATED PRESS

Displaced

"Life in Aleppo has become unbearable. I'm in my car and I'm leaving right now."

Syrian writer, unnamed

Israel. Romney supports Jerusalem as capital, takes tough stance against Iran

U.S. presidential candidate Mitt Romney spoke aggressively Sunday about protecting Israel from Iranian nuclear threats and suggested that he was open to breaking with U.S. policy dating to 1967 by moving the United States Embassy to Jerusalem if the Israelis asked.

Israel is the second of three stops on an international trip for Romney intended to burnish his foreign-policy credentials.

Romney's speech was clearly designed not only for Israelis but more importantly it was aimed at appealing to evangelical voters at home and to cut into President Barack Obama's support among American Jews. A Gallup survey of Jewish voters released Friday showed Obama with a 68-25 edge over Romney.

While Romney has been highly critical of Obama's policy toward Iran and the presumed threat to Israel, he has offered no specifics about how his policy would be substantially different.

But on the issue of the location of the U.S. Embassy in Israel, which is in Tel Aviv, Romney told CNN that he thought the U.S. Embassy should be moved from Tel Aviv to Jerusalem if the Israelis make that request. The Israelis have repeatedly sought such a move.

The issue has been a major diplomatic headache for the U.S., which has refused to make the shift because it would imply the sanctioning of Israel's incorporation of Arab East Jerusalem.

The U.S. has refused to locate its embassy in Jerusalem out of its effort to be a trusted voice by both sides in efforts to negotiate an Israeli-Palestinian peace deal.

Mitt Romney in Jerusalem on Sunday. DAN BALILTY/THE ASSOCIATED PRESS

On Iran

- An advisor has said that Romney "would respect" an Israeli decision to strike.
- President Barack Obama has tried to convince Israel to give time for sanctions to work.

Jerusalem is home to deeply important religious sites central not only to Judaism but also Islam and Christianity.

Romney flatly called Jerusalem the Israeli capital in the very first words of his speech Sunday, delivered before the made-for-television backdrop of the walls of Jerusalem's old city. And he had harsh words yet again for Iran, saying he respected Israel's right to defend itself against what Israel considers an existential threat.

"We will not look away nor will our country ever look away from our passion and commitment to Israel." THE ASSOCIATED PRESS

Spain

Protest erupts over abortion rollbacks

Hundreds of Spaniards protested Sunday against the conservative government's proposal to roll back women's abortion rights, including in cases where the fetus is deformed. The justice minister has said he will ask parliament to require 16- and 17-year-olds to have parental consent. THE ASSOCIATED PRESS

Mali

Ivory Coast may intervene

The Ivory Coast president says military intervention in Mali is "inevitable" if there's no quick change in the West African country where Islamists rule the north. Alassane Ouattara said in Le Journal du Dimanche the intervention force may include soldiers from other African countries. THE ASSOCIATED PRESS

Bombings and shooting in Iraq kill 7

Two bombings and a drive-by shooting Sunday killed seven Iraqi police in a former al-Qaida stronghold in the western part of the country, authorities said, another sign of the militants' resurgence.

The attacks before dawn around the city of Fallujah also wounded nine police. They come a week after the leader of al-Qaida in Iraq announced a deadly campaign to reclaim parts of the country the Sunni insurgency was forced to leave before the U.S. military pulled out last December.

After the attacks Sunday, security forces sealed off all roads leading into Fallujah and imposed a curfew on the city, 65 kilometres west of Baghdad.

Officials said two explosives-packed cars blew up within a few minutes of each other in Fallujah and the nearby village of Karma as security patrols drove by, killing three policemen. Fifteen minutes later, a gang of gunmen fired on a Karma police station, killing four. The gunmen escaped.

The casualties were confirmed by local hospital officials. All spoke on condition of anonymity because they were not authorized to release the information to reporters.

Al-Qaida in Iraq is seeking to make a comeback in Anbar and other Sunni areas, launching dozens of deadly attacks in the days since last weekend's statement by Islamic State of Iraq leader Abu Bakr al-Baghdadi that the militant group would push back into its former strongholds. THE ASSOCIATED PRESS

Sunrise Roofing
Serving Regina & Rural Areas!
Free Estimates On All Your Roofing Needs!
526.8396
sunriseroofing@sasktel.net
Summer roofing special
Clip this coupon Get 5% off!
sunriseroofingregina.ca
Expires September 31, 2012

RCMP report names green radicals as major threat

Greenpeace singled out. Denying it uses violence, organization says report is just Harper government propaganda, politics

There is a "growing radicalized environmentalist faction" in Canada that is opposed to the country's energy-sector policies, warns a newly declassified intelligence report.

The RCMP criminal intelligence assessment, focusing on Canadian waters, cites potential dangers from environmental activists to offshore oil platforms and hazardous marine shipments, representing perhaps the starkest assessment of such threats by the Canadian security community to date.

The report drew a sharp dismissal from Greenpeace — a prominent environmental group singled out in the document — which suggested it could simply be an effort by security authorities to tell the Harper government what it wants to hear.

The Canadian Press obtained a heavily censored copy of the September 2011 threat assessment of marine-related issues under the Access to Information Act.

The report was compiled by the Mounties with the combined input from the Canada Border Services Agency, Canadian Security Intelligence Service, Defence Department, Fisheries and Oceans and Transport Canada.

"The Canadian law-enforcement and security-intelligence community have noted a growing radicalized environmentalist faction within Canadian society that is opposed to Canada's energy-sector policies," says the report.

"Greenpeace is opposed to the development of Canada's Arctic region, as well as Canada's offshore petroleum industry. Criminal activity by Greenpeace activists typically consists of trespassing, mischief, and vandalism, and often requires a law-enforcement response."

Yossi Cadan, campaigns director for Greenpeace Canada, said while group members sometimes trespass on private property to make their point, the group shuns violence.

"We're peaceful and non-violent. We are taking direct actions, but it's never violent," he said, adding "safety is a No. 1 priority for us."

"It's true that the distance between the government policy and the environmental movement is growing, but I don't think that the movement is getting more radical."

It seems like anyone who disagrees with the government on subjects such as the Alberta oilsands "has become an enemy in many ways," Cadan said. THE CANADIAN PRESS

Government claims

Is there a potential for violence?

The RCMP made several claims about radical environmentalists:

- They present a danger to offshore oil platforms and hazardous marine shipments.
- "Greenpeace actions unnecessarily risk the health and safety of the activists, the facility's staff, and the first responders who are required to extricate the activists."
- "Tactics employed by activist groups are intended to intimidate and have the potential to escalate to violence."

Beating the heat

A young boy gets a splash of water at Taipei Water Museum in Taipei, Taiwan, Sunday. Temperatures were in the low 30s C over the weekend. CHIANG YING-YING/THE ASSOCIATED PRESS

Free tickets given to troops and students fill seats at Olympics

Local students and troops are getting free tickets to the London Games after blocks of prime seats were left empty at some of the Olympic venues, organizing chief Sebastian Coe said Sunday.

Coe responded to criticism after the first full day of competition by predicting that seats left unused, largely by Olympics and sports officials, will stop being an issue as the Games move through the preliminary rounds.

"It is obvious, some of those seats are not being used in the early rounds so that's where we put the military in there. That's why we have students and teachers in there," Coe said at a briefing.

He declined to blame Olympic sponsors, whom he had earlier promised to "name and shame" if they did not use their allocations.

Sponsors including Coca-Cola and Visa defended how they used their quotas, which amount to eight per cent of the 8.8-million available tickets, Coe said.

The issue is sensitive for Olympics organizers and fans after hundreds of thousands of people failed to get tickets in an initial public ballot.

"There is not a single person who thinks it is shambolic," Coe insisted, adding that no one would object to free tickets for military personnel who "stepped up to the mark" this month to help solve a security staffing crisis at venues.

Coe said he was "jammed in shoulder to shoulder" with Olympic officials at swimming finals on Saturday evening, and pointed to record crowds lining the men's road race route, and for rowing events. THE ASSOCIATED PRESS

Sponsors frequently buy tickets for preliminary events, but don't always attend. JON SUPER/ASSOCIATED PRESS

Mystery woman. Indian officials still seeking opening-night interloper

A mysterious woman in red has caused an international incident at the Olympics.

Indian officials are mystified — and miffed — after an unknown young woman managed to march with the country's athletes and officials during the opening ceremony Friday night.

Games organizers on Sunday downplayed security concerns around the unscripted moment, saying the interloper was a ceremony cast member and had been screened before entering the Olympic Park. Images from Friday's ceremony showed a woman in turquoise jeans and a red jacket marching alongside Indian flag bearer Sushil Kumar.

"We are totally dazed," Indian press attache Harpal Singh Bedi said Sunday. "How can a person without any accreditation walk past?"

Indian officials said they had no idea who she was.

The country's Deccan Chronicle newspaper said she was likely Madhura Nagendra, a graduate student from the southern city of Bangalore who had been living in London. THE ASSOCIATED PRESS

comwave

Home Phone

How much do you pay for your Home Phone Line?

Start saving today:

- All features FREE
- Keep your existing phone number

Limited Time Offer

6 Months FREE

Satisfaction guaranteed!

Unlimited Local

- Unlimited local calling
- 14 free features

$14.95 /month

Unlimited Canada

- Unlimited local calling
- 14 free features
- Unlimited CANADA calling

$19.95 /month

Unlimited Global

- Unlimited local calling
- 14 free features
- Unlimited calling to almost 60 countries

$29.95 /month

CONSUMER CHOICE AWARD 2012 BUSINESS EXCELLENCE

Download our Comwave Mobile App

3 Days Free Trial

iTunes · Google play · BlackBerry App World

1-866-769-9601

While Comwave strives to accurately reflect advertising, Comwave reserves the right to correct inaccurate or misleading information at any time. HOME PHONE LINE: Unlimited 911 has certain limitations; see our Additional T.C.'s. All Unlimited Plans do not include calls to the Yukon, Nunavut, N.W.T., Alaska and Hawaii. First Month Free promotion is based on a TAV term and includes a 30 day Satisfaction Guarantee period. If you are not 100% completely satisfied, you may terminate the service anytime within the Satisfaction Guarantee period without further obligation. If you transfer your existing phone number from your current provider to Comwave within the first 30 days, you will receive an additional 1 month free for a total of 6 months free. Consumer residential phone and telephone service only and for residential, non-commercial use. A combination of factors is used to determine abnormal use. Prohibited usage is subject to our reasonable usage policy and terms of service. Terms and conditions apply. See www.comwave.ca for details.

Thousands in Hong Kong protest Chinese patriotism classes

Growing discontent. Police estimate 32,000 people turned out for Sunday's protest against a curriculum they see as brainwashing

Tens of thousands of people, including teachers and parents pushing strollers, took to Hong Kong streets Sunday to protest the upcoming introduction of Chinese patriotism classes they fear will lead to brainwashing, the latest sign of growing discomfort over Beijing's influence in the semi-autonomous territory.

Students and pro-democracy activists were among those who marched to the Hong Kong government's headquarters to protest the new curriculum, which authorities are encouraging schools to begin using when classes resume in September.

They fear the classes will be used to brainwash children into supporting China's Communist Party. The government has denied that and says they are aimed at building Chinese national pride.

The controversy flared up after reports emerged that pro-Beijing groups published a booklet for use in classes that extolled the virtues of one-party rule.

The protest is the latest sign of growing discontent in Hong Kong over mainland China's increasing influence 15 years after the financial centre was returned to China by Britain following more than a century of colonial rule. Tensions have also been stoked by growing economic inequality as well as an influx of free-spending wealthy Chinese, who are seen as driving up property prices.

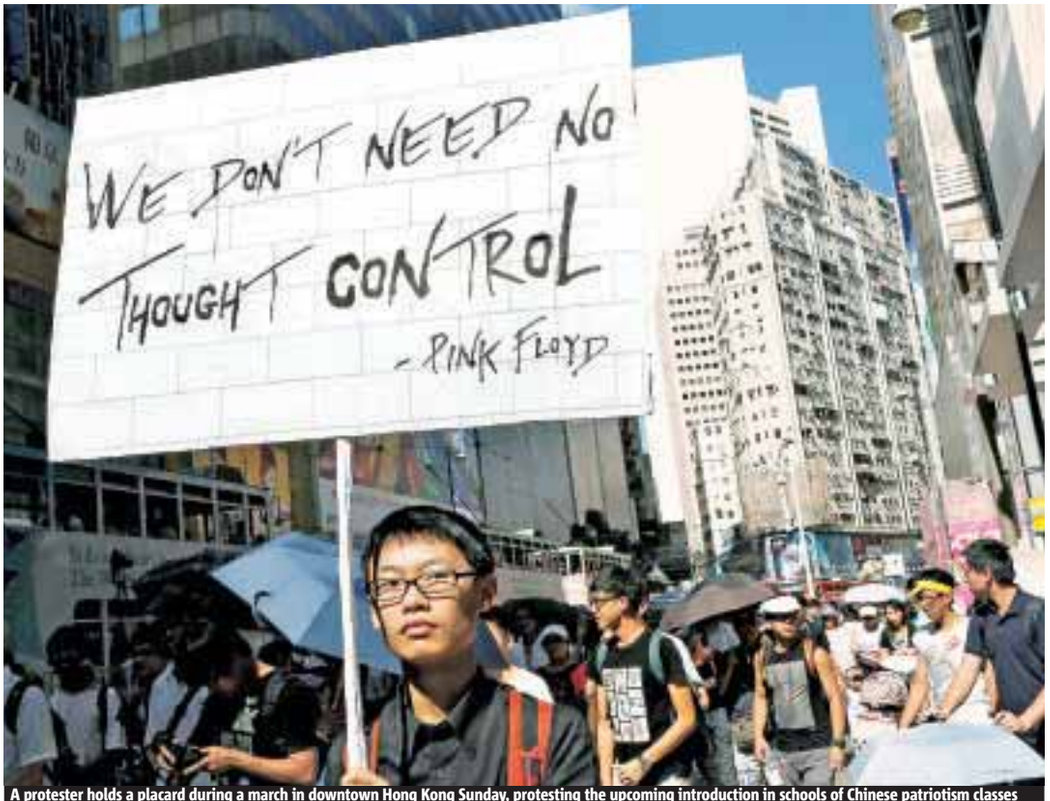
Hong Kongers are also angry about stunted democratic development. Beijing has pledged that Hong Kong can elect its own leader in 2017, though no road map has been laid out.

THE ASSOCIATED PRESS

Curriculum

According to the new curriculum's guidelines, students will learn about China's political leaders, the efforts and contributions they have made and the difficulties and challenges they face.

- They will also learn how to "speak cautiously," practise self-discipline and get along well with others in a rational and respectful manner.



A protester holds a placard during a march in downtown Hong Kong Sunday, protesting the upcoming introduction in schools of Chinese patriotism classes that critics fear will lead to brainwashing. VINCENT YU/THE ASSOCIATED PRESS

Quebec gearing up for summer election call

Quebec Premier Jean Charest speaks at a press conference in Montreal Sunday, with candidates, from left, Pascal Beaupre, Jean Francois Gosselin and Linda Lapointe. PETER MCCABE/THE CANADIAN PRESS

Preparations were in full swing over the weekend for a possible Quebec election, with the parties unveiling new candidates, slogans and even a bus for a campaign that is all but officially underway.

Premier Jean Charest took aim at the upstart Coalition For Quebec's Future as he announced three new candidates on Sunday, providing a glimpse at an issue he'll likely hammer away at in the coming weeks — the Coalition's promise to put the issue of Quebec independence on ice.

The candidates were former members of the Action démocratique du Québec, which was absorbed by the Coalition earlier this year. One candidate said she didn't want to run for the new party, headed by former Parti Québécois cabinet minister Francois Legault, because he remained a sovereigntist at heart.

Legault's Coalition wants to set aside the independence question for 10 years, but he's been dogged by critics who say he should take a clearer position on the question. Kamal Lutfi, one the party's own former candidates, made headlines this week when he called on Legault to get off the fence on an issue fundamental to Quebec politics.

In his three election victories, Charest has used similar tactics against the PQ. He has repeatedly attacked the party for hiding its plans to break up Canada as soon as it's elected.

Legault was also busy Sunday, announcing two new candidates, along with his campaign slogan and a bus.

"We know Premier Charest decided to call an election in summer because he doesn't want a discussion," he said. "We're not afraid of having a discussion, and we'll drive across the province on our bus to have one." THE CANADIAN PRESS

Coalition

Opinion polls show the Coalition in a distant third behind the Liberals and the PQ. But the Coalition is expected to play an important role in any outcome and could split the vote with the Liberals, costing Charest's party seats in some ridings.

Ontario SIU

Woman struck, killed by cruiser

Ontario's Special Investigations Unit says a pedestrian is dead after being hit by a police cruiser in northwest Toronto. The SIU says the cruiser was part of an escort for a funeral procession when the woman was struck. THE CANADIAN PRESS

Death row

Governor to decide man's fate

The daughter of Ronald Smith, a Canadian on death row in the U.S., hopes her father's life will be spared after meeting with Montana Gov. Brian Schweitzer this month. Smith and Rodney Munro killed two men in 1982. THE CANADIAN PRESS

Ronald Smith THE CANADIAN PRESS

Grenada

Teacher charged with murder

A schoolteacher in Grenada has been charged with murder in the slaying of a young woman whose dismembered remains were discovered in a trash bin. Police arrested 23-year-old John Redhead, who teaches Grade 5. THE ASSOCIATED PRESS

Pakistan

Suspected U.S. missile kills 4

Pakistani intelligence officials say a suspected U.S. missile strike has killed four people near the Afghan border.

The officials say the missiles hit a car in Khushali village in North Waziristan. They say the identity of the four dead is not yet clear. North Waziristan is home to several Afghan and Pakistani militant groups, as well as foreign al-Qaida fighters.

Pakistan says the strikes help militants attract new recruits and hit civilians, and demands that the U.S. halt them. In the past, there has been evidence suggesting Pakistan has given tacit approval to the strikes. THE ASSOCIATED PRESS

Apple takes on Samsung in U.S. court

Pending. $2.5-billion US lawsuit over patents for iPhones, iPads

Two tech titans will square off in U.S. federal court Monday in a closely watched trial over control of the U.S. smartphone and computer-tablet markets.

Apple Inc. filed a lawsuit against South Korea's Samsung Electronics Co. last year, alleging the world's largest technology company's smartphones and computer tablets are illegal knockoffs of its popular iPhone and iPad products.

The Cupertino, Calif.-based company is demanding $2.5 billion US in damages, an award that would dwarf the largest patent-related verdict to date.

Samsung counters that Apple is doing the stealing and that some of the technology at issue — such as the rounded rectangular designs of smartphones and tablets — have been industry standards for years.

U.S. District Court Judge Lucy Koh in San Jose last month ordered Samsung to pull its Galaxy 10.1 computer tablet from the U.S. market pending the outcome of the trial.

The case is one of some 50 lawsuits among myriad telecommunications companies jockeying for position in the burgeoning $219-billion market for smartphones and computer tablets.

THE ASSOCIATED PRESS

Right of sale

"In some sense the big part of the case is not Apple's demands for damages but whether Samsung gets to sell its products."

Mark A. Lemley, a Stanford Law School professor

Grass is greener on neighbour's painted lawn

Joseph Perazzo, owner of New York's Grass is Greener Lawn Painting company, works on a lawn in Irvington, N.J. With a drought spanning about two-thirds of the United States, some residents and businesses in normally well-watered areas are taking a page from the lawn-painting practices employed for years in the West and South to give lustre to faded turf. Perazzo charges 15 cents per square foot to spray on a non-toxic, environmentally friendly turf dye that he says is commonly used on golf courses and athletic fields to give them a lusher appearance. THE ASSOCIATED PRESS

Labour dispute

ICBC argues against union email signature

Lawyers for the Insurance Corporation of B.C. have argued that employees who have altered the company's email signature as part of a labour dispute might be pressuring clients into supporting the union to have their claims adjusted fairly.

ICBC was in B.C. Supreme Court Friday asking for an injunction that would stop more than 1,000 employees from sending out emails with an unauthorized pro-union message.

THE CANADIAN PRESS

Jazz Air

Dispatchers vote in favour of strike

Jazz Air's dispatchers have voted 92 per cent in favour of a strike, and a work stoppage at the regional airline could happen as early as mid-September if conciliation efforts fail. The 67 Halifax-based dispatchers are represented by the Canadian Air Line Dispatchers Association. Conciliation is expected to conclude by Aug. 27. THE CANADIAN PRESS

Rating of Canadian banks drops from stable to negative

Standard & Poor's Ratings Services has cut its outlook from stable to negative on seven Canadian banks, over concerns about unsustainably high home prices and consumer debt levels, according to published reports Friday.

The Wall Street Journal said the New York debt-rating firm cut the credit ratings of Royal Bank of Canada, Toronto-Dominion Bank, Bank of Nova Scotia, National Bank of Canada, Laurentian Bank of Canada, Home Capital Group Inc. and Central 1 Credit Union. The credit rater also reaffirmed the ratings on all seven banks, the Journal said.

However, S&P affirmed its ratings and maintained stable outlooks on five other Canadian banks including Canadian Imperial Bank of Commerce and Bank of Montreal.

Banks began to warn as early as the closing months of 2011 that consumer borrowing would slow as pent-up demand in the housing market becomes exhausted. Meanwhile, low interest rates have been putting pressure on their bottom lines.

Warnings from the banks also suggested that mortgage lending could drop off this year as consumers focus on reducing debt and mortgage lending softens. Canadian officials and economists have repeatedly warned that the housing market is overheated and consumer debt loads are too high.

Consumers have taken advantage of ultra-low interest rates since the recession to heap on low-cost debt. The Bank of Canada decided earlier this week to keep its overnight lending rate — which affects prime rates at banks — at one per cent to stimulate a still fragile economy.

However, Mark Carney, the central-bank governor, has issued repeated warnings that the plan comes with a consequence that could spell economic trouble in times ahead. The most overstretched consumers could find themselves sunk if interest rates rise.

With household debt at an all-time high above 150 per cent of income, the Bank of Canada has declared it the No. 1 domestic risk to the economy.

THE CANADIAN PRESS

Household debt

150%

With household debt at an all-time high above 150 per cent of income, the Bank of Canada has declared it the No. 1 domestic risk to the economy.

Hyundai

Air-bag issues force recall

Hyundai Motor Co. is recalling some Santa Fe SUVs and Sonata sedans because of problems with their air bags. The Santa Fe recall involves nearly 200,000 vehicles in the 2007 to 2009 model years. Hyundai dealers will reprogram the front passenger air-bag sensors so they will accurately detect when a small adult is seated. THE ASSOCIATED PRESS

Spying. Regulators angry Google kept Street View data

After being caught spying on people across Europe and Australia with its Wi-Fi-slurping Street View cars, Google had told angry regulators that it would delete the ill-gotten data.

Google broke its promise.

Britain's Information Commissioner's Office (ICO) received a letter from Google in which the company admits it kept a "small portion" of the electronic information it had been meant to get rid of.

"Google apologizes for this error," Peter Fleischer, Google's global privacy counsel, said in the letter, which the ICO published on its website.

The ICO said in a statement that Google Inc. had agreed to delete all that data nearly two years ago, adding that its failure to do so "is cause for concern."

Other regulators were less diplomatic, with Ireland's deputy commissioner for data protection, Gary Davis, calling Google's failure "clearly unacceptable."

THE ASSOCIATED PRESS

Steep fine

$780K

The ICO has the power to impose fines of up to 500,000 pounds (roughly $780,000 US) for the most serious data breaches, though penalties are generally far less severe and can involve injunctions or reprimands.

Trade. Senator wants U.S. to hold up CNOOC-Nexen deal

A U.S. senator wants his government to hold up a Chinese state-owned company's $15.1-billion takeover of Calgary-based Nexen Inc. as a means to press China on its trade policy as the U.S. securities regulator also looks into allegations of insider trading surrounding the deal.

Charles Schumer made his argument in a letter sent Friday to Treasury Secretary Timothy Geithner.

Meanwhile on Friday, the Securities and Exchange Commission said it got a court order to freeze assets of Hong Kong traders who bought stock in Nexen before CNOOC announced its plans.

The SEC said Well Advantage Limited and other traders allegedly bought shares in Nexen based on inside information. China's CNOOC announced plans to buy Nexen on Monday.

The SEC said it moved to freeze the assets shortly after Well Advantage tried to sell all of its Nexen stock.

THE CANADIAN PRESS

Offshore holdings

Although Nexen is based in Canada, it has offshore holdings in the U.S. Gulf of Mexico and CNOOC said the deal requires approval from regulators in the U.S.

Smartphones. RIM drops from top-five ranking

Canada's own BlackBerry maker Research in Motion has fallen out of the top-five ranking of smartphone makers based on market share, research group IDC said Friday.

RIM has been working to turn around operations after watching its market share eroded by the growing popularity of Apple's iPhone and smartphones running Google's Android operating system.

The company hopes the debut of its BlackBerry 10 operating system and a new line of BlackBerry smartphones will help keep its subscribers from defecting to other devices, particularly in the United States.

Meanwhile, Samsung has extended its lead over Apple in smartphones, in part because its new Galaxy phones came out before Apple updated its iPhone, the research group said.

THE ASSOCIATED PRESS

Historical decline

"Research in Motion's BlackBerry unit decline continued last quarter, reaching levels not seen since 2009."

Research group IDC in its report

THERE'S NO 'I' IN TEAM, BUT THERE IS AN 'I' IN CHRISTY CLARK

URBAN COMPASS
Paul Sullivan
regina@metronews.ca

Here's a loaded question. There are no right answers, but I bet I know yours.

Question: What means more to you, the proceedings of the premiers' conference that wrapped up Friday, or the result of the game between the Saskatchewan Roughriders and the Hamilton Tiger-Cats on Saturday?

If you answered the former, you're either a graduate student in political science or you got the question mixed up.

It doesn't help that the premiers' conference is now portentously referred to as the Council of the Federation. With a heavy-duty name like that, I expected to see Yoda in the chair jousting with Councillor Palpatine over intergalactic space maneuvers.

Saskatchewan Premier Brad Wall and P.E.I. Premier Robert Ghiz collaborated on a nice health-care report, but besides that, even with the fancy name, it would have been quite a boring premiers' conference if not for B.C. Premier Christy Clark's meticulously staged walkout.

Hail Mary

"This is as much a game as the one they play in Mosaic Stadium, except the stakes are higher."

It was almost more interesting than the Riders' distressingly familiar fourth-quarter collapse against the Ticats.

Clark, who, like the Ticats, trailed badly going into the fourth quarter, threw the political equivalent of a Hail Mary pass into the end zone, announcing that unless her five conditions are met, she'll oppose the construction of the Enbridge pipeline across B.C. to the sea, and boycott the premiers' attempt to forge a national energy policy. She calls it "standing up for B.C."

Actually, it's standing up and walking out for B.C., which is exactly what she did on Friday, rather than stand around and get a lecture on federalism. (Resist the dark side, Christy.)

Meanwhile, Wall is standing up for Saskatchewan by calling Clark's position "the thin edge of a very big wedge." He's right to be concerned. Saskatchewan stands to gain much from the flow of oilsands bitumen to Asian ports, and will become land-locked and vulnerable if B.C. decides to pick up the ball and run home with it.

So it's in his best interests to stand up for the "federation" and the implied co-operation that goes with it. But make no mistake — this is as much a game as the one they play in Mosaic Stadium, except the stakes are higher. The Enbridge pipeline could mean $80 billion in royalties during the next 30 years, with Alberta and Ottawa getting the lion's share. But as Saskatchewan's oilsands come on line, access to the Pacific becomes increasingly important for this province.

So this is a very important game indeed. It's like the Grey Cup, but unlike the cup, which is a force for national unity, it's every province for itself. Or in the case of B.C., herself.

#Olympics

Tough competition for network during the Games

The International Olympic Committee says social-media users caused problems for traditional broadcasters during the first big event of the London Olympics.

Television viewers watching the men's cycling on Saturday got little information about the riders' location and timings on the 250-kilometre road course.

Broadcasters blamed the Olympics Broadcasting Service for the glitch with GPS signals.

IOC spokesman Mark Adams says the broadcasting service was jammed by "hundreds of thousands" of people sending texts, pictures and updates to Twitter and Facebook.

Adams acknowledges that "we should have foreseen that."

The problem appeared to be solved in time for the women's road race on Sunday. THE ASSOCIATED PRESS

Painting the town ... pink?

GERO BRELOER/THE ASSOCIATED PRESS

Purple haze

World is a canvas during Holi Festival

A woman dances and throws coloured powder into the air during the Holi Festival in Berlin on Sunday.

The original Holi, also known as the festival of colours, is celebrated in India and other Hindu countries. The purpose is to recognize the joy and happiness that comes about when people get together.

A few thousand people celebrated this event with Indian DJs, acrobatics and dance in the German capital. THE ASSOCIATED PRESS

These women look like they are DTS — down to shower, that is — after getting covered in coloured powder during the Holi Festival in Berlin on Sunday. GERO BRELOER/THE ASSOCIATED PRESS

Celebration time

All the colours under the sun — in Russia

Meanwhile, in St. Petersburg, Russia, over the weekend, the Holi celebrations finally arrived.

The festival of colours was delayed at first because boxes of coloured powder were stopped at customs, according to a Russian news report.

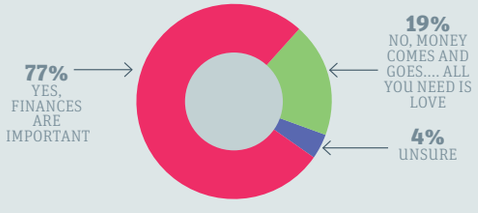
The news agency, rt.com, says the brightly coloured spectacle could become an annual event in Russia, citing a festival organizer.

The country is known to welcome anything out-of-the-ordinary. METRO

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Is money an important key for a lasting marriage?



Twitter

@JasonKyle1979:
So I saw Durant before the game and I asked him for $1. He gave me 75 cents. I said WTF. He replied, I don't have a 4th quarter #Riders

@dirty_al:
I'm begging for the BB gun and he won't give it to me. I just want to shoot some cans. Embrace the Regina culture. #YQR

@Danii_C:
Just saw lightning hit the ground and all power out instantly. Fellow storm lovers..what's happening? #yqr #skstorm

@KCappz:
Gotta love #riderpride in #regina

@smile_your_gorg:
We heard November rain. That solos really long, but it's a pretty song. We listened to it twice. #regina

metro
President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Regina** Tara Campbell • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Vice-President, Sales** Quin Millar • **National Sales Director** Peter Bartrem • **Sales Manager** Kim Kintzle • **Distribution Manager:** Darryl Hobbins • **Vice-President, Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Marketing & Interactive** Jodi Brown, **Vice-President, Finance** Phil Jameson **METRO REGINA** • **Telephone:** 306-584-2025 • **Toll free:** 1-877-895-7194 • **Fax:** 1-888-243-9726 • **Advertising:** adinforegina@metronews.ca • **Distribution:** regina_distribution@metronews.ca • **News tips:** regina@metronews.ca • **Letters to the Editor:** reginaletters@metronews.ca

Jessica Biel, left, and Colin Farrell star in Columbia Pictures' action thriller Total Recall. MICHAEL GIBSON

An Arnold-free Total Recall

New movie. The director discusses updating the Schwarzenegger hit — and reteaming with wife Kate Beckinsale.

NED EHRBAR
Metro World News

Director Len Wiseman has been working for quite some time on a remake of the 1990 Arnold Schwarzenegger vehicle Total Recall, based on a short story by Philip K. Dick. Of course, getting out from the shadow of a Schwarzenegger hit is no small feat, but Wiseman was up for the challenge. He sat down with Metro at San Diego Comic-Con to talk about his film's all-star cast — including his wife, Kate Beckinsale.

You've been at this production for a while.
It's been two and a half years.

Your wife and star, Kate Beckinsale, has said that living with you has proven that the director gets absolutely no time off.
She's very aware of it. It's one of the downsides. She sees how limited my time actually is, so I've often heard her say that from an actor's point of view, you want to be a little bit more selfish with your own questions and things, but if anything because we're married I find that she doesn't come to me as much as she generally would with another director because generally she feels for how incredibly overwhelmed I am with other things.

So, who would win in a fight between Jessica Biel and Kate Beckinsale?
It's a question that I can't ask. (laughs) To be really honest, if you knew these girls personally, they're very well-equipped with the action, just in terms of ability. And they're both quite vicious when they get into it. It was like having two stunt players on the movie, so we rarely brought a stunt person in for the fight stuff. I don't know who would win. I would really like to see it (laughs). If we just hold some kind of forum, I think it would do very well.

How do you decide which project will take over your life next?
I personally think you have to really, really fall in love with them. The best litmus for me is would I be upset if I passed on this and somebody else did it? I don't think you can go into any project that you feel a little bit iffy about because the minute that you do that — and I have done that before on a project — the amount that it asks of you is so great that you'll just start to break under how overwhelming it is. It's amazing how much adrenaline and passion can keep you awake, keep you going on a project.

In the original Philip K. Dick story, the main character is more of an everyman, something Arnold Schwarzenegger couldn't really pull off.
That was really a focus of what I wanted to do with the character. At least for me, when I saw Total Recall in high school, I was going to go see an Arnold Schwarzenegger movie. I didn't know who Phillip K. Dick was. Arnold is already a superhuman-looking character from the beginning, so I was really wanting to create a character that felt a bit more accessible just as an everyman that turned into a super-spy so that you could have more of that change.

Of course, Colin Farrell is by no means schlubby, though.
No, no. But he was very thin, though. He definitely got himself ripped and in shape for the super-spy aspect of the character. He was a great get because I needed somebody that was vulnerable and somebody that you connect with — but then when it became time to be that superhero kind of character and be tough and daring and all that, that you really bought that with the character, too. I think Colin really does occupy both of those qualities.

Jessica Biel

The actress says that before Justin Timberlake proposed, she didn't expect to ever get married.

- **Engaged.** The 30-year-old actress told The Associated Press on Friday that she feels wonderful about the engagement. Biel and Timberlake, 31, reportedly became engaged late last year but rarely speak publicly about their relationship. Biel called the engagement "wonderful. It's actually not anything I ever really thought was going to happen."

Romeo and Juliet re-imagined

Comics legend Stan Lee, of Spider-Man fame, together with Paris Kasidokostas and Terry Dougas recently received the Guinness Book of World Records Prize for the largest graphic novel in the world, in a charity gala in Los Angeles organized by the John Wayne Cancer Foundation.

Romeo and Juliet: The War is a sci-fi graphic novel that recounts the story of two superhuman groups of soldiers, who will convert the Verona Empire to the most powerful on Earth.

The Montegues and the Kapulets work peacefully with each other for the destruction of all the threats against Verona. When there is no one else to fight, they turn against each other. Then Romeo, a young Montegue, falls in love with Juliet, a Kapulet girl, and they plan to marry in secret.

But powers beyond their control start to conspire against them, threatening their love and life and the empire of Verona.

The comic was produced by 1821 Comics and Lee's POW! Entertainment.

Lee, Kasidokostas and Dougas were working on the story Superchick for MTV before they came up with the re-telling of Romeo and Juliet.

"We wanted to follow the Shakespeare story, but we transposed it in a comics book, larger than usual, with 155 pages. Our aim was to satisfy the audience in their anticipation of what they were going to read, but we also wanted to create a work of art, that people will hold on to. It was very beautiful, seeing day by day, the creation of all those images. All that we had dreamed of in the two previous years, was getting flesh and blood in the best possible way," Dougas said.

METRO WORLD NEWS

Stan Lee. GETTY IMAGES

SCENE 2

On the web

CBC-TV launches open casting for its next food star

Kate Middleton

Royal baby still just rumour

A British Member of Parliament has suggested that Kate Middleton is pregnant, but it looks like nothing more than a case of wishful thinking.

"I think Kate Middleton is pregnant — and that would be good for the economy, MP Clair Perry said during an address at a school Friday, according to the Daily Mail.

But the Duchess of Cambridge herself doesn't seem to have gotten the news, as Middleton was spotted the same day looking slim and sipping wine at an Olympics reception.

Rihanna and Chris Brown

Rihanna, Chris Brown's secret yacht meet-up

Rihanna and Chris Brown have reportedly been keeping their clandestine meet-ups going while on vacation, according to Us Weekly. The R&B singer — who split from Brown in 2009 after he was convicted of assaulting her — was relaxing the in St. Tropez last week when she heard Brown's rented yacht was on its way. "Rihanna knew Chris was on his way and actually changed her plans late Friday night after calling Chris from the yacht's satellite phone," a source says. Brown's boat was later seen pulling up to a mooring alongside Rihanna's. "Rihanna went and partied hard with the guys on their yacht," the source says.

Mark-Paul Gosselaar

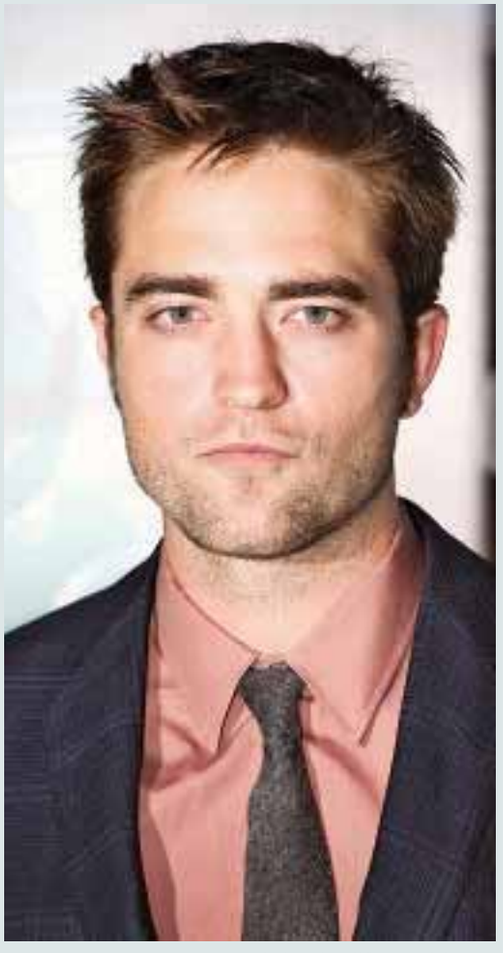
We'll eventually hold our peace

Sorry, children of the '90s: Catriona McGinn just lived out your fantasy over the weekend. The 30-year-old advertising exec married Mark-Paul Gosselaar — aka Zack Morris — on Saturday at a winery in California, and is now enjoying a honeymoon in Italy. We wish them the best, even though we stuck with Gosselaar — for better or for worse, in good times and in mostly bad — through Saved by the Bell: The College Years.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Stewart affair was not a one-time deal

THE WORD
Monica Weymouth
scene@metronews.ca

Kristen Stewart apologized for her "momentary indiscretion" with director Rupert Sanders, but it seems there is more to the story than the one-day fling that Us Weekly crashed last week.

According to Leopold Ross — the brother of Sanders' wife, Liberty Ross — the affair began last fall during the filming of Snow White and the Huntsman, which Sanders directed and Stewart starred in.

"(Liberty) made some sacrifices for something she thought was worth it, now she knows, right?" Leopold tells UK newspaper The People. "Doubt it was worth it but it's life. It might actually make things better in the long run. She wasn't that happy for a while, but our family is close, she'll be all right."

Pattinson, apparently, suspects Kristen is holding back.

"Rob wants to have a man-to-man chat with Rupert to find out exactly what happened between him and Kristen," a source tells RadarOnline. "Kristen has already betrayed his trust by cheating, so he can't be sure that she will tell him exactly what went on between her and Rupert. The director has a wife and family to save, so Rob feels like he has nothing left to lose and would be honest with him."

Rob, before you get what's shaping up to be a rough play-by-play, we encourage you to remember this: You are Robert Pattinson and are surrounded by Hollywood starlets with less than nothing to lose. Choose your chat wisely.

Dane Cook

Cook over the line with Batman shooting quip

Dane Cook learned the hard way that a week is probably not enough time to wait before making light of a tragedy. The comedian has taken to Twitter to apologize for making a joke about the Aurora, Colo., movie theater shooting, during which 12 people were killed when a gunman opened fire at a Dark Knight Rises screening.

"So I heard that the guy came into the theater about 25 minutes into the movie. And I don't know if you've seen the movie, but the movie is pretty much a piece of crap," Cook said during his set at L.A.'s Laugh Factory, according to Daily Caller.

"I know that if none of that would have happened, pretty sure that somebody in that theater, about 25 minutes in, realizing it was a piece of crap, was probably like, 'Ugh, f—ing shoot me.'" News of the joke caused an immediate uproar, prompting Cook to post to Twitter, "I am devastated by the recent tragedy in Colorado and did not mean to make light of what happened. I made a bad judgment call with my material last night and regret making a joke at such a sensitive time."

Ashton Kutcher and Mila Kunis

That '70s couple?

Ashton Kutcher and Mila Kunis are having a hard time keeping their rumored romance a secret — especially after showing up to the wrap party for Kutcher's new film, Jobs, where they "arrived as a couple and left as a couple," a source tells Hollyscoop.

"They stayed within five feet of each other the whole entire evening. It was very obvious to everyone they were together."

Twitter

@Joan_Rivers
Fifty years ago, the Rolling Stones played their first gig! And 250 years ago, Mick Jagger and Keith Richards were born.

@KellyRipa
I could watch The Real Housewives Top 20 Reunion Moments everyday for the rest of my life.

@rickygervais
Freedom of speech is a right. Being listened to, being taken seriously or being respected for what you say, is not. Get over it.

@SethMacFarlane
A good stupidity barometer is how easily you can be insulted by a parrot.

Oh no, my child bullied...

Opinion ...another child with special needs, unknowingly. What would you do?

LINDSAY CROSS
mommyish.com

One mom's daughter bullied someone with special needs / THINKSTOCK

My daughter is not a mean-spirited child. I realize that every parent who has ever existed believes this and I don't care. My little girl is a sweet child.

That being said, she's also a kid and there are things that she doesn't understand or hasn't been exposed to yet. And the first time that she encounters something new, there's the possibility that her strong voice or curious nature can lead to difficult circumstances. This was one of those times.

Brenna has attended the same daycare since she was a month old. Her provider normally has about six or eight children at a time of varying ages. And one family that my daughter has grown up with has a daughter with special needs.

I'm not exactly sure what Sarah's specific medical diagnosis is (I've changed her name here). I know that she has physical limitations and wears a back brace.

She's in late elementary school but has the comprehension and speech of a toddler. Sarah is normally a sweet child who has a tendency to invade personal space and misunderstand her own strength, but generally just wants to make people happy.

In the beginning, my daughter simply didn't understand that Sarah was different from other kids. When they were younger, it didn't matter.

Quote

"In the beginning, my daugher simply didn't understand that Sarah was different from other kids. This year, however, she became old enough to question the situation."

This year, however, my daughter finally became old enough to start questioning the situation.

One day, while the kids were playing, my inquisitive girl started asking why Sarah wore a diaper, eventually saying: "You're too big for a diaper. Babies wear diapers, Sarah. You can't wear a diaper unless you're a baby."

Sarah's feelings were understandably hurt. She started crying. Brenna remained confused.

It's hard for children to understand the effect their words can have.

At home, we had a long talk about special needs and disabilities. But about a week later, she asked why Sarah "looked funny" when she ran. She asked why she played with baby toys.

My teacher mother advised me to explain that "everyone has special needs. Some are things that doctors and teachers can help us fix, and some things they can't."

I got ready for our next talk, armed with a new more explanatory strategy. I tried to keep my voice calm, so that I didn't sound angry or condemning. She got impatient with all of the explaining I was doing. She suggested that we just draw her a card to say, "I'm sorry," and call it a day halfway through my planned lecture. I compromised by helping with the card but continuing the conversation as we coloured.

The good news is that my daughter hasn't had problems in a week. We'll have lots more talks about bullying with my daughter. It's a subject that no parent can afford to ignore.

But I have to admit, I never guessed that our first talk would cast my daughter as the aggressor.

Fifty Shades sex has some expecting

Will little Sophia and Jacob morph into baby Christian and Anastasia about nine months from now?

While it's impossible to declare a Fifty Shades of Grey baby boomlet, some moms and moms-to-be attribute their pregnancies to sex inspired by the erotic trilogy that went mainstream early this year.

One night on vacation in Florida was all it took for Betsy Bailey, a labour and delivery nurse, no less, in suburban Chicago. She's expecting baby number six, conceived soon after reading the steamy bondage love story.

"It was like one night alone," she laughed. "We went out to dinner and, you know, a little wine, a little stone crab and a little Christian Grey."

Bailey's No. 6 is due Christmas Day, her 42nd birthday. She and her husband always knew they wanted a big family, but they thought big would be four kids.

"We picked up our fifth in Mexico. He was a vacation baby as well," she joked. "We call him the worm at the bottom of the tequila bottle."

Christian and Ana aren't on her name list, though her great-grandmother's maiden name, Gray, had been a possibility — until now. "Now I don't think I could do it," Bailey said.

Brittany Woodard, 21, in Norfolk, Va., has a six-month-old son, Greyson, whose name has absolutely nothing to do with the books Woodard read while her military husband was away for four months.

New to the spicy genre, the stay-at-home mom wasn't trying for another baby so soon, but she was ready with "new ideas" in the boudoir department when her husband got home. She's due in February.

At BabyCenter.com, a large online community of moms and expectant moms, nearly 150 women have posted that their pregnancies are directly related to more baby-making activity inspired by the best-selling books that have sold 31 million copies in all formats.

THE ASSOCIATED PRESS

LIFE 3

On the Web

New report shows girls more likely to be bullied in school and online

The quintessential summer side dish gets fully loaded

No outdoor summertime feast is complete without some version of potato salad. In this recipe, it is flavoured with chili power, Dijon mustard, bacon and Monterey Jack cheese.

This recipe serves 10. THE CANADIAN PRESS H/O

Ingredients

- 1 kg (2 lb) Yukon Gold potatoes, peeled and cut into medium chunks
- 50 ml (1/4 cup) mayonnaise
- 250 ml (1 cup) sour cream
- 15 ml (1 tbsp) Dijon mustard
- 5 ml (1 tsp) chili powder, plus more for garnish
- 5 slices bacon, cooked and crumbled
- 125 ml (1/2 cup) finely diced red pepper
- 125 ml (1/2 cup) finely chopped green onions, divided
- 50 ml (1/4 cup) plus 5 ml (1 tbsp) Monterey Jack cheese, divided

1. In a large pot filled with cold water, place diced potatoes. Bring water to a boil and cook potatoes until tender when pierced with a fork, 18 to 20 minutes. Drain and cool.

2. Meanwhile, in a large bowl, combine mayonnaise, sour cream, mustard and chili powder. Add cooled potatoes and gently toss. Add bacon, red pepper, 50 ml (1/4 cup) of the green onions and 50 ml (1/4 cup) cheese and gently toss again.

3. Cover and chill until cold, about 20 minutes.

4. Garnish with remaining green onions, cheese and a sprinkle of chili powder.

THE CANADIAN PRESS/ SOBEYS, INSPIRED.CA

Healthy eating

Choose it and lose it

ROSE REISMAN
for more, visit rosereisman.com

Although you may associate chicken with being healthier than beef, you also have to consider the cooking method.

Harvey's Crispy Chicken Burger

724 calories / 39 g fat (5 g saturated) / 2,098 mg sodium
Chicken is lower in fat and calories than beef but not when it's deep fried. Add light mayo and bacon and you have half your calories and fat for the day.

Equivalent

A Crispy Chicken Burger from Harvey's with light mayo, spicy mesquite sauce, bacon, pickles, lettuce, tomatoes and onions on a bun is equivalent to eight tablespoon of butter in calories.

Harvey's Original Cheeseburger

504 calories / 23 g fat (11 g saturated) / 1,428 mg sodium
A better option is a cheeseburger with non-fat condiments like ketchup and mustard, with pickles, lettuce, tomatoes and onion.

Buffalo Chicken Potato Salad. Add meat to the perfect picnic partner

1. Cover potatoes with water in a three-litre saucepan. Bring to a boil over high heat. Reduce heat to medium-low and cook until potatoes are tender, about 10 minutes. Drain and cool slightly.

2. Toss potatoes with remaining ingredients in serving bowl. Sprinkle with blue cheese. Serve chilled or at room temperature and, if desired, on a bed of lettuce, garnished with celery leaves.

NEWS CANADA/ HELLMANNS.CA

Ingredients

6 portions

- 1 lb red potatoes, cut into bite-size pieces
- 700 ml (3 cups) cooked chicken, cut into bite-size pieces (about 3 cups)
- 230 ml (1 cup) peeled and chopped cucumber
- 120 ml (1/2 cup) Hellmann's Real Mayonnaise
- 120 ml (1/2 cup) each chopped red onion and celery
- 35 ml (2 1/2 tbsp) cayenne pepper sauce
- 30 ml (2 tbsp) crumbled blue cheese

That's amore! Potato salad gets the magic Italian touch

This recipe serves 10. MATTHEW MEAD/ THE ASSOCIATED PRESS

This year, take a basic vinegar potato salad to the next level by adding all the trimmings you'd typically expect on an Italian grinder.

The funny thing is, some people like their grinders with vinegar, some prefer mayonnaise. And you can have it your way with this salad, too. If you'd prefer a creamy version, substitute 1/2 cup mayonnaise for the 1/4 cup of vinegar and 6 tablespoons of oil used for the dressing in this recipe. You'll still need 2 tablespoons of oil for the onions.

1. In a pot, combine sweet potatoes and russet potatoes. Add enough water to cover by 1 inch. Bring to a boil and cook until just tender, about 15 minutes. Drain and spread out on a rimmed baking sheet to cool.

2. In skillet over medium-high, heat 2 tablespoons of olive oil. Add onions and rosemary, then sauté until browned, about 15 minutes. Transfer onions to a bowl, then return skillet to heat. Add chopped salami and sauté until browned at edges and beginning to crisp, about 5 to 7 minutes. Add to onions.

3. In a small bowl, whisk together the remaining 6 tablespoons of olive oil, garlic, vinegar, sugar and mustard. Once the onions, salami and potatoes have cooled, add the potatoes to the onion mixture. Add the provolone and cherry peppers, then drizzle the dressing over everything and gently stir until well mixed and evenly coated. Season with salt and pepper.

4. Refrigerate for at least 2 hours to allow the flavours to meld.

THE ASSOCIATED PRESS

Ingredients

- 2 large sweet potatoes, peeled and cubed
- 2 large russet potatoes, cubed
- 1/2 cup olive oil, divided
- 2 large yellow onions, sliced
- 2 tbsp chopped rosemary
- 5 oz salami, chopped
- 2 cloves garlic, finely minced
- 1/4 cup balsamic vinegar
- 1 tbsp sugar
- 1 tsp Dijon mustard
- 1/2 cup chopped picante provolone cheese
- 1/2 cup chopped cherry peppers
- Salt and black pepper

Learning how to 'like' social media

Lisa Larter, founder and CEO of The Lisa Larter Group. PROVIDED

Face the Book. Lisa Larter is helping the world get familiar with the web

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Lisa Larter calls herself The Accidental Expert.

"One day the 'F' word showed up on my Blackberry and I thought 'Oh God, now I'm going to have to learn Facebook.' I thought it was just for kids and cheating spouses."

As she began to navigate her way through the emerging world of social media she knew she was onto something.

Larter went to a networking luncheon and was astonished when someone told her she would pay if Lisa showed her how Facebook and Twitter worked. After introducing a beginner's course, ten people signed up immediately.

Four years later Larter's consulting business has multiple six figure sales, her retail phone store is doing over one million a year and she owns three houses.

The key to Larter's success? Keeping her eyes open for new opportunities and then going for it.

"There has never been better time to be in business because we've never been able to access people like we can today.

Act in spite of your fear because when you push through it, there's magic on the other side."

Moola motto

Lisa Larter's C.A.S.H. Model

- **C. Courage:** Take a risk and take action or your idea will always be a dream
- **A. Aptitude:** Invest in yourself because you need the right skills and tools to be successful
- **S. Self-confidence:** Confidence comes from courage and gaining the aptitude you need to become successful.
- **H. Habits:** You need strong habits for your business to grow. Systems, routines and getting things done make a tremendous difference in the results you accomplish.

For more info go to: lisalarter.com

Giving back

The Ultimate Kindness Project

- Larter is passionate about helping single mothers because she saw the challenges her own Mom went through. Lisa recently created The Ultimate Kindness Project and through the magic of social media is raising money to help a single foster mom of a child with special needs.
- To learn more go to ultimatekindnessproject.com

Doctor? Actually, I'm a 'murse'

Careers. Welcome to the world of the male nurse. More men are taking pink collar jobs stereotypically reserved for women

MICHELLE CASTILLO
life@metronews.ca

Jeffery Peralta is a nurse who works in pediatric care at the Children's Recovery Center of Northern California (CRC), as well a pediatric primary and urgent care nurse at the Santa Clara Valley Medica Center, East Valley Clinic near San Jose, Calif.

"There is a spectrum of reactions that I get when I tell people that I am a nurse," Peralta tells us.

"One of my favourites is, 'Why didn't you just become a doctor?' There are people who also look at nursing in a different light and respect my profession as an esteemed role within the medical model."

Quoted

"There is a spectrum of reactions that I get when I tell people that I am a nurse," Peralta tells us. One of my favourites is, 'Why didn't you just become a doctor?'

At one point, people might have questioned his career choice for a different reason: the fact that he's a 25-year-old man in a typically female profession.

But, he's actually joining a growing number of American men who are taking up pink collar jobs — careers typically dominated by women.

According to a recent New York Times' analysis of U.S. census data, one-third of all job growth for men between 2000 and 2010 occurred in careers that were more than 70 per cent female.

One of the most stereotypical pink collar jobs is nursing. Male nurses are often given the nickname 'murse,' but with slowly increasing numbers that may change.

The U.S. Bureau of Labor Statistics reported that in 2011, 290,000 of nursing, psychiatric, and home health aides were men and 1,900,000 were women. Looking at the nursing field specifically, the Health Resources and Services Administration — which publishes data on nurses in the United States every four years — said 6.6 per cent of the nurses in the United States in 2008 were males.

When you take into account that there were just about 45,000 registered male nurses in the 1980s and about 168,000 registered male nurses as of 2008, it's a giant leap.

While the overall increase of men who are taking pink collar jobs has only been proven in the U.S., several other countries are seeing more men choosing certain pink collar occupations.

I'm not a doctor, I'm a murse / THINKSTOCK.COM

In the U.K., 52 per cent more men applied to teach primary school students and now make up 30 percent of the applicants, according to Training and Development Agency for Schools.

As for nursing, 13 per cent of the University of Calgary's fall 2011 nursing program was male, the highest number of men they've seen interested in the course.

According to the Canadian Nurses Association, male nurses have doubled in the last decade and now make up six per cent of the work force. The Australian Institute of Health and Welfare also reported an increase of male nurses from 7.9 per cent of the workforce in 2005 to 9.6 percent of the workforce in 2009.

On Peralta's team at CRC, seven members of the group are men whereas the other 29 members are women.

Numbers are similar in his other job where he is one of the four men out of the 19-person team.

SPORTS 4

Piercy learns to love golf course on his way to title

Golf. American wins Canadian Open by one shot at course that demanded 'boring golf'

As it turns out, there is nothing boring about a victory at golf's third-oldest championship.

Or a cheque for $936,000 US.

Or a trip to the Masters.

Scott Piercy learned to love Hamilton Golf and Country Club in Ancaster, Ont., just a little bit more Sunday while pulling off a comeback victory at the RBC Canadian Open. The man who entered the weekend bemoaning the "boring golf" he was forced to play on a classic layout ended up being all smiles when the trophy was presented.

"At the end of the week if the score is good, it is exciting," said Piercy. "So I'm pretty excited."

The Las Vegas native closed with a 3-under 67 to edge William McGirt (69) and Robert Garrigus (70) by a shot.

Those men spent the final day locked in a see-saw battle and each of them found their name atop the leaderboard at one point.

It became a three-way tie when Piercy chipped in for birdie from off the 15th green and a playoff looked likely as he played mistake-free the rest of the way.

His competitors weren't so fortunate.

Garrigus dropped back with a three-putt bogey on No. 16 while McGirt missed the chance to force a playoff with a lost shot at the final hole.

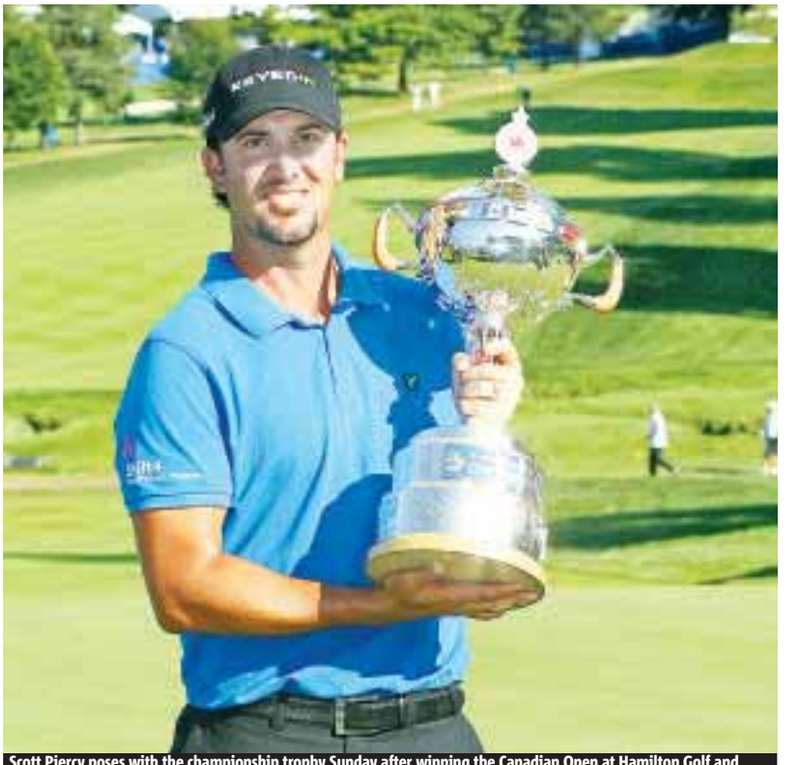
"I've been playing good for a while now," said Piercy. "(To win) you need a couple of good breaks here or there and just play solid. I'm kind of speechless, to be honest."

His harsh-sounding assessment of Hamilton earlier in the week was intended to be nothing more than an expression of personal preference. One of the PGA Tour's long hitters, Piercy prefers to hammer his driver on every hole — something the tight, tree-lined layout simply wouldn't allow.

THE CANADIAN PRESS

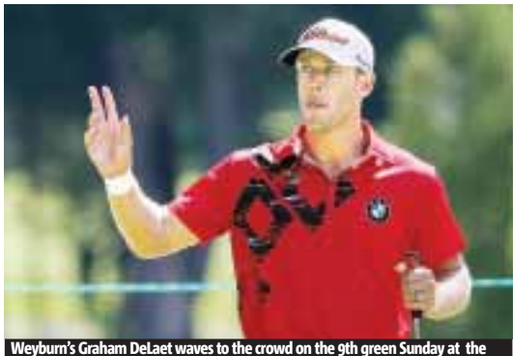
Record-tying score

Piercy's winning score of 17-under 263 matched the tournament scoring record established by Johnny Palmer at Winnipeg's St. Charles Country Club in 1952.



Scott Piercy poses with the championship trophy Sunday after winning the Canadian Open at Hamilton Golf and Country Club in Ancaster, Ont. HUNTER MARTIN/GETTY IMAGES

DeLaet best of the Canadians at Hamilton



Weyburn's Graham DeLaet waves to the crowd on the 9th green Sunday at the Hamilton Golf and County Club in Ancaster, Ont. DAVE CHIDLEY/THE CANADIAN PRESS

Graham DeLaet's final round at the RBC Canadian Open was over before the leaders even teed off, but he didn't go home empty-handed from his national championship.

The golfer from Weyburn, Sask., closed with an even-par 70 at Hamilton Golf and Country Club in Ancaster, Ont., on Sunday to claim the Rivermead Cup as low Canadian at the event.

"I guess it's a nice consolation prize," said DeLaet. "You know, we come in here with higher expectations than just trying to beat the Canadians. We want to beat everyone in the field, but there's a lot of great Canadians in the field, and I guess I am honoured to be the low Canadian."

DeLaet finished in a tie for 56th and edged David Hearn of Brantford, Ont., by two strokes. They were tied entering the final round and Hearn shot a 72.

Neither of Canada's top-two players had their best game around the tree-lined layout at Hamilton, but both were pleased with the warm reception they received along the way.

For Hearn, it ended a run of four straight tournaments. He's made the cut in 10 of his last 11 events overall and feels as though he's taken some positive strides with his game.

THE CANADIAN PRESS

Quoted

"It's a little disappointing that I wasn't able to really get anything going this week, but at the same time it's nice to be back home."

Graham DeLaet

Mobile sports

Nobody expected Andrew Luck to be perfect on Day 1. He wasn't. The former Stanford star, drafted first overall, threw two interceptions, one off a tipped ball. But Luck drew praise from his new coach, his new team owner and the usually reserved Tony Dungy after his first full-speed workout with the Colts. He completed 27 of 32 attempts, making it look easy too. Scan the code for the story.

Golf

Couples wins Senior Open

Fred Couples won the Senior British Open by two strokes over Gary Hallberg on Sunday after shooting a 3-under 67 in the final round. The 1992 Masters champ sank a 25-foot birdie putt on the last hole to hang on.

THE ASSOCIATED PRESS

Fred Couples GETTY IMAGES

Formula 1

Hamilton rules race in Hungary

Lewis Hamilton won the Hungarian Grand Prix on Sunday, prolonging McLaren's dominance on the slow and winding Hungaroring circuit.

It was McLaren's sixth win there in eight years and Hamilton's second this season. THE ASSOCIATED PRESS

NASCAR

Johnson makes it 4 at the Brickyard

Jimmie Johnson stamped another exclamation point on his racing resumé, winning his fourth career Brickyard 400 with a dominant drive at the historic four-kilometre Indianapolis Motor Speedway on Sunday.

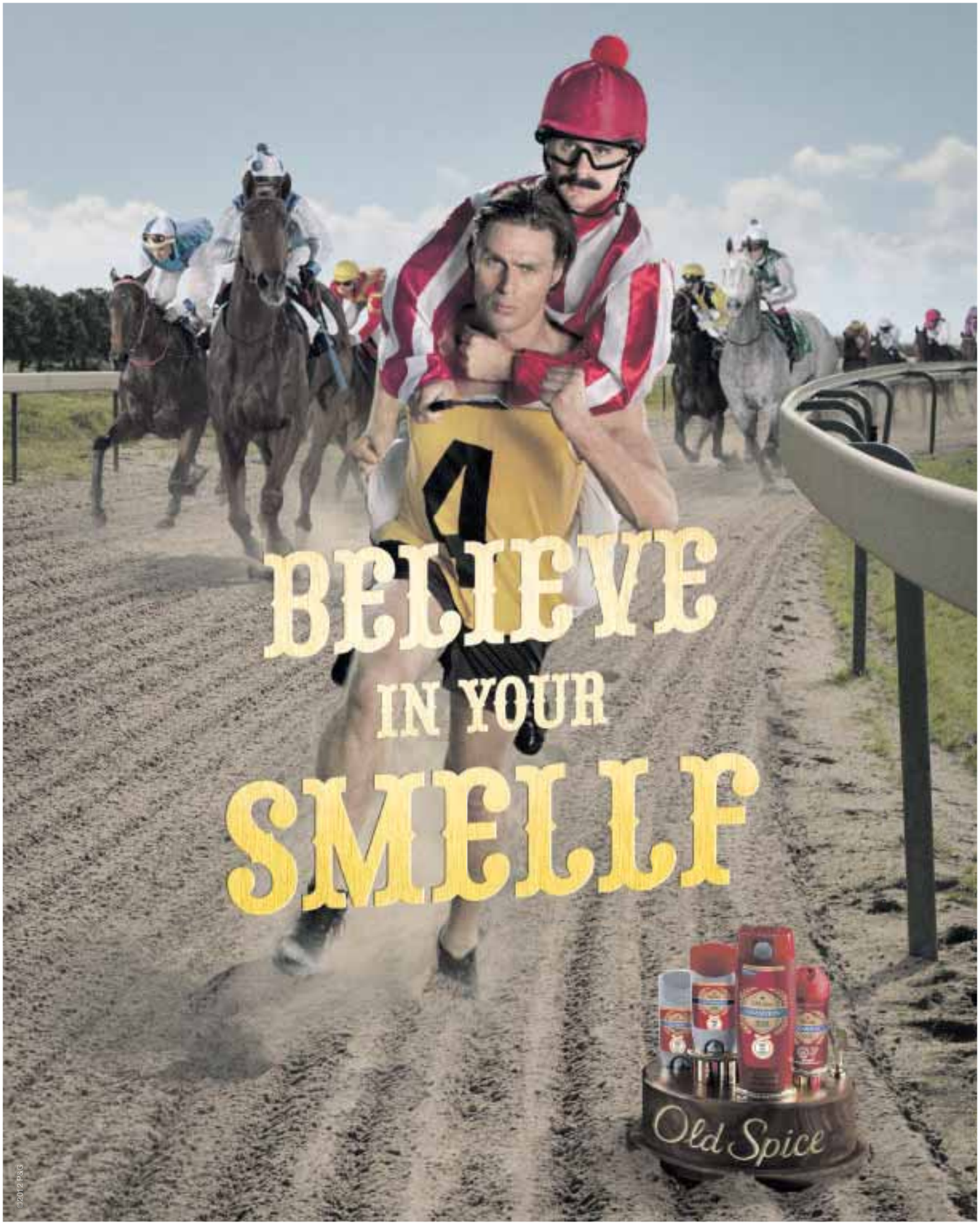
THE ASSOCIATED PRESS

MLB

Jays' brooms stay in closet vs. Tigers

Jhonny Peralta provided all the offence with two home runs and Doug Fister pitched eight strong innings Sunday as the Detroit Tigers defeated the Toronto Blue Jays 4-1 to avoid a sweep, ending Toronto's three-game win streak.

THE ASSOCIATED PRESS


BELIEVE
IN YOUR
SMELL
Old Spice
©2012 P&G

Diving pair get Canada on the board

Emilie Heymans, front, and Jennifer Abel compete in the three-metre springboard final on Sunday. MICHAEL SOHN/THE ASSOCIATED PRESS

Synchronized diving. Heymans' medal haul reaches historic proportions after bronze win with partner Abel

Her career was forged over more than two decades of training, of six-hour sessions, of 80 dives a day, five days a week.

If Emilie Heymans decides to retire after the London Olympics, she's going out in fitting fashion.

The St. Lambert, Que., diver captured Canada's first medal of the Games with partner Jennifer Abel on Sunday, launching herself into the history books in the process.

The Canadians won bronze in the three-metre synchronized event, a result that makes Heymans the first female diver and first Canadian summer Olympian to reach the podium in four consecutive Olympic Games.

"I couldn't have ever imagined diving in four Games, or being in this position at 30," Heymans said.

Heymans won silver in the 10-metre synchro in 2000, bronze in the same event in Athens in 2004, and a silver in the 10-metre individual event four years ago in Beijing.

Heymans and Abel had silver in their sights Sunday, sitting in second place behind Chinese world champions Minxia Wu and He Zi after the first dive. But they were jostled by television cameras when they were practising on the pool deck before their second dive — a moment Heymans said burst their bubble of focus.

They were noticeably out of sync on the board in Dive 2 — a forward dive in pike position, normally an easy feat for the duo — and fell to fifth place.

"I think both of us, in our head it was like: 'What's going on, what's going on?'" Heymans said. "But after we were able to calm down and come back to the competition and we know it's never over until the last dive."

Heymans and Abel, a 20-year-old from Laval, Que., battled back to win bronze with 316.80 points. Wu and Zi of China led from start to finish to take the gold with an overall score of 346.20. Americans Kelci Bryant and Abigail Johnston captured silver with 321.90.

Heymans, who is also competing in the individual three-metre springboard event in London, will decide her future following the Games.

She said she might dive one more year. It won't be an easy decision for a woman who has trained at least 20 hours a week since she was seven.

"Actually sport is my entire life, it's what I've been doing since I was six years old. I think I'm going to carry this baggage for the rest of my life," she said, meaning it in a good way.

A child of sporting parents — dad Eric played soccer in Belgium, and mom Marie-Paule Van Eyck competed in Montreal's 1976 Olympics as a member of the Belgian fencing team — the diver was originally a gymnast who was told by coaches she was too tall for that sport.

Her parents encouraged her to try diving.

"At first I didn't want to try. I didn't even want to go to the pool because I loved gymnastics, so I didn't want to quit and I hate being wet, I hate being in the water and I'm always cold," she said.

THE CANADIAN PRESS

Breaking through

A medal on Day 2 of full day of competition is good news for a Canadian team aiming for a top-12 finish overall, and takes some pressure off the rest of the squad.

- Canada went seven days without a medal in Beijing before the men's rowing pair and wrestler Carol Huynh ended the drought on Day 8 with silver and gold, respectively. Wrestler Tonya Verbeek also added a bronze that day.
- In 2004, Heymans and partner Blythe Hartley's bronze was the lone medal in the opening seven days.

Twitter response

"Big congrats to @jennabel91 & @eheymans, first medal for Canada, and Em's career 4th!! #GoCanada."

Canadian kayaker Adam van Koeverden (@vankayak), himself a three-time Olympic medallist who will be looking to get to the podium again in London

"Congrats @JennABel91 & @eheymans on picking up Canada's first medal. Great job! #GoTeamCanada."

Tennis player Milos Raonic (@milosraonic), who had his first-round match rained out on Sunday, but that didn't stop him from recognizing the accomplishment

"Big congratulations to @JennABel91 and @eheymans on winning Canada's 1st medal. With Emilie winning 4th medal in 4th Olympics!"

Jennifer Heil (@JennHeil), two-time Olympic medallist in moguls skiing

Van Beilen bounced from 100m final in swim-off

Another day, another drama for Canada's swim team at the Olympic Games.

Tera Van Beilen of Oakville, Ont., made her Olympic debut in the 100-metre breaststroke Sunday, and had to compete in one more race than she'd expected.

The 19-year-old had a swim-off against Alia Atkinson of Jamaica late in the evening, when the Aquatic Centre stands had largely emptied, to determine who would claim the eighth spot in Monday's final.

The two women had identical times and finished tied for eighth in the semifinal, requiring a rare head-to-head almost two hours later to solve the deadlock. Atkinson prevailed, dropping Van Beilen to ninth and one spot out of the final in her third race of the day.

"It was mentally hard coming off a race and knowing you had to do it again," Van Beilen said. "I feel blessed for the opportunity to have swum again.

Canada's Tera Van Beilen reacts to Sunday's loss. THE CANADIAN PRESS

It wasn't how I would have liked it to turn out. I gave it everything I had."

It was the second strange turn of events for Canada in as many days. Ryan Cochrane thought he would race in the men's 400 freestyle final Saturday, but a disqualification of world and Olympic champion Park Tae-hwan in the heats was reversed.

Quoted

"I tried to get my head in the right place. It was a hard turnaround."

Tera Van Beilen on Sunday's swim-off

That bumped the Victoria swimmer from the final eight and out of the running for a medal. Cochrane will get another chance in Saturday's 1,500-metre freestyle, which is a distance he won Olympic bronze in four years ago.

Canada emerged from the opening weekend of swim competition still looking for a medal. Their goal is three medals and swimmers in 13 to 15 finals.

Toronto's Brittany MacLean was the first to make a final Sunday. The 18-year-old was seventh in the women's 400-metre freestyle, a promising result for a teenager in her first Olympics. THE CANADIAN PRESS

Boxing

Nova Scotia's Clayton makes statement vs. Mexico's Molina

Custio Clayton notched Canada's first Olympic boxing win in eight years on Sunday, earning a 12-8 decision over Mexico's Oscar Molina.

Clayton avenged a loss at the 2010 Pan-American championships to Molina, the brother of 2008 U.S. Olympian Javier Molina.

"I think I did amazing," said the Dartmouth, N.S., native.

"All the hard work has paid off."

THE ASSOCIATED PRESS

Custio Clayton, right, fights Oscar Molina on Sunday. GETTY IMAGES

Beach volleyball. Canada falls to Britain in opener

Annie Martin of Sherbrooke, Que., and Marie-Andree Lessard of Ville LaSalle, Que., lost their opening preliminary-round match 17-21, 21-14, 15-13 to Britain's Zara Dampney and Shauna Mullin in women's beach volleyball Sunday.

After struggling in the second set, Martin and Lessard appeared to have regained their first-set touch, gaining and 8-5 lead in the third. But the British pair scored six of the next seven points and didn't relinquish the lead again.

"It's unfortunate the match didn't go our way," Martin said. "It was a good match, we had our moments but we made more errors than usual."

On the winning point, Martin's block on a Dampney smash went wide, sending the 15,000 pro-British crowd into a frenzy.

Martin and Lessard enjoyed a great start to the match and built a lead as high as six points midway through the first set.

But it was the complete reverse in the second set, where Dampney and Mullin led from the start.

THE CANADIAN PRESS

Marie-Andree Lessard of Canada reaches for a ball against Great Britain in London on Sunday. DAVE MARTIN/THE ASSOCIATED PRESS

P&G
WORLDWIDE PARTNER
PARTENAIRE
MONDIAL
4 Olympic medals in skates,
2 with pedals.
I'm almost 40
and bound for London 2012.
I WILL
OUTLAST FEAR
Clara Hughes
2012 Canadian Olympic Hopeful
Secret
OUTLAST™
48 hour odour protection to outlast your day, any day.
FEARLESSNESS. APPLY DAILY.
Secret
ANTIPERSPIRANT/DEODORANT
© Procter & Gamble, Inc., 2012

Basketball. Durant helps erase slow start for Americans in tournament-opening win over France

Kevin Durant finished with 22 points as the United States powered home after a sluggish start in a 98-71 win over France on Sunday on the opening day of the men's Olympic basketball tournament.

The U.S. team, loaded with NBA stars and a heavy favourite to defend its title, struggled early and was leading by just one point at the end of the first quarter.

Quoted

"That team is like a Gemini. They have two faces, a nightmare-nightmare."

French power forward Ronny Turiaf

A 30-15 second quarter was the beginning of the end for France, which is led by San Antonio Spurs guard Tony Parker and has five other NBA players, the most in any squad apart from the United States.

In the second half, the Americans produced enough alley-oop passes and dunks to draw oohs and aahs from the crowd and subdue the French.

"They're going to be very, very tough to beat," Parker said.

Parker, playing with goggles to protect a surgically repaired left eye, scored 10 as France fell to 0-5 in Olympic competition against the United States. Ali Traore led France with 12 points.

Kevin Love scored 14 points, Kobe Bryant scored 10 and LeBron James added eight assists for the U.S. THE ASSOCIATED PRESS

U.S. basketball players, from left, Kevin Durant, Tyson Chandler and Kobe Bryant move upcourt against France on Sunday. JAMIE SQUIRE/GETTY IMAGES

French swimmers, from left, Clement Lefert, Amaury Leveaux and Fabien Gilo celebrate winning the gold medal for the men's 4x100-metre freestyle relay on Sunday. MARK J. TERRILL/THE ASSOCIATED PRESS

French get payback in relay win over U.S.

Swimming. Agnel chases down American star Lochte in final leg to steal gold medal

Ryan Lochte grabbed at the edge of the pool, head down, staring at the water. Michael Phelps glared at the scoreboard, trying to digest the first silver medal of his Olympic career.

Right beside them, the French celebrated.

It was just like 2008 but with the roles reversed.

This time, it was France chasing down the United States — and Lochte, no less — to win another riveting relay at the Olympics.

"We got our revenge," French swimmer Clement Lefert said.

With Phelps looking much stronger than he did the night before, the Americans built a commanding lead over the first three legs of the 4x100-metre freestyle relay Sunday and never really had to worry about the defending world champions from Australia.

When Lochte dove into the water on the anchor leg, he was a half-body length ahead of the field and looking to add another gold to his dominating victory Saturday in the 400 individual medley.

Not so fast.

Or, should we say, not fast enough.

Yannick Agnel, playing the chaser role, sliced through the water and was right on Lochte's shoulder as they made the flip at the far end of the pool. With about 25 metres to go, they were stroke for stroke. But Lochte, who had already competed in 1,200 metres of racing over the first two days, simply didn't have enough left to hold off the towering, 20-year-old Frenchman, one of the sport's real rising stars.

"I gave everything in the last 50 until he cracked," Agnel said. "In the last 10 metres, I saw that he was really cracking."

Agnel touched in three minutes, 9.93 seconds, having gone exactly one second faster than Lochte over the last two laps.

Lochte and the Americans dropped to silver in 3:10.38, while Australia — the favourite — didn't even get a medal. Russia took the bronze in 3:11.41, edging the team from Down Under by 0.22.

Phelps settled for his 17th career medal and completed his collection of Olympic colours, adding a silver to his 14 golds and two bronzes. THE ASSOCIATED PRESS

Quoted

"I was just really excited and I think I over-swam the first 50 and it hurt me for the last 50."

U.S. swimmer Ryan Lochte, who won the 400-metre individual-medley gold medal on Saturday.

Soccer

Loss to Honduras ends Spain's Olympic hopes early

Spain was eliminated from the men's Olympic soccer tournament Sunday after another 1-0 loss.

Honduras forward Jerry Bengtson scored the lone goal in the seventh minute, knocking a header past Spain goalkeeper David de Gea.

It was an intense match packed with heated aggression. Spain players picked up seven yellow cards and Honduras six.

"The team was tense from the beginning because they knew that they had to score to qualify for the next round," Spain's coach Luis Milla said. "And the early goal made it harder."

Spain's under-23 team has been under enormous pressure to follow in the footsteps of the senior side, which has won the 2010 World Cup and 2012 European Championship.

When asked if he thought the pressure affected the team, Milla said, "Yes, it's possible that the pressure was there, but they are players who play at the highest level. THE ASSOCIATED PRESS

Spain's Juan Mata on Sunday. THE ASSOCIATED PRESS

Day 2 results

MEDAL STANDINGS

Country	G	S	B	Total
China	6	4	2	12
United States	3	5	3	11
Italy	2	3	2	7
South Korea	2	1	2	5
Japan	0	2	3	5
France	2	1	1	4
Russia	1	0	3	4
North Korea	2	0	1	3
Australia	1	1	1	3
Brazil	1	1	1	3
Hungary	1	1	1	3
Kazakhstan	2	0	0	2
Netherlands	1	1	0	2
Britain	0	1	1	2
Also				
Canada	**0**	**0**	**1**	**1**

BASKETBALL

MEN

Sunday's results
Brazil 75 Australia 71
Nigeria 60 Tunisia 56
Russia 95 Britain 75
Spain 97 China 8
United States 98 France 71
Argentina vs. Lithuania

WOMEN

Saturday's results
Russia 58 **Canada 53**
China 66 Czech Republic 57
Turkey 72 Angola 50
United States 81 Croatia 56
Monday's games — All Times Eastern
Croatia vs. China, 4 a.m.
Czech Republic vs. Turkey, 6:15 a.m.
France vs. Australia, 9:30 a.m.
Russia vs. Brazil, 11:45 a.m.
Britain vs. **Canada**, 3 p.m.
Angola vs. U.S., 5:15 p.m.

SATURDAY

RUSSIA 58, CANADA 53

CANADA (53)
K.Phillips 2-3 0-0 4, T.Gabriele 0-2 0-0 0, S.Thorburn 1-5 5-6 7, C.Pilypaitis 2-12 0-0 5, K.Smith 6-9 3-6 20, M.Ayim 1-4 2-2 4, A.Tatham 0-1 0-0 0, N.Achonwa 1-7 1-2 3, L.Murphy 1-3 0-0 3, T.Tatham 1-4 2-2 4, C.Aubry 1-1 0-0 3, Totals 16-51 13-18 53
RUSSIA (58)
O.Arteshina 1-6 0-0 2, E.Belyakova 0-1 2-2 2, N.Vodopyanova 1-4 1-2 3, M.Kuzina 0-0 0-0 0, A.Danilochkina 4-9 0-0 10, B.Hammon 6-18 2-2 14, I.Korstin 1-2 0-0 2, N.Vieru 4-8 1-1 9, I.Osipova 1-5 4-6 6, A.Petrakova 3-7 2-2 9, N.Zhedik 0-1 0-0 0, N.Grishaeva 0-0 1-4 1, Totals 21-61 13-19 58
Halftime—Canada 30, Russia 24. **3-Point goals**—Canada 8-19 (S.Thorburn 0-3, C.Pilypaitis 1-6, K.Smith 5-7, L.Murphy 1-2, C.Aubry 1-1) Russia 3-18 (O.Arteshina 0-3, E.Belyakova 0-1, A.Danilochkina 2-5, B.Hammon 0-5, A.Petrakova 1-3, N.Zhedik 0-1). **Fouled out**—Canada (K.Phillips) . **Rebounds**—Canada 33 (T.Tatham 5) Russia 44 (I.Osipova 12). **Assists**—Canada 15 (S.Thorburn 6) Russia 12 (A.Danilochkina 6). **Total Fouls**—Canada 23 Russia 21.

SOCCER

MEN

Sunday's results
Brazil 3 Belarus 1
Britain 3 United Arab Emirates 1
Egypt 1 New Zealand 1
Honduras 1 Spain 0
Japan 1 Morocco 0
Mexico 2 Gabon 0
Senegal 2 Uruguay 0
South Korea 2 Switzerland 1

WOMEN

Saturday's results
Brazil 1 New Zealand 0
Britain 3 Cameroon 0
Canada 3 South Africa 0
France 5 North Korea 0
Japan 0 Sweden 0
United States 3 Colombia 0

SATURDAY

CANADA 3, SOUTH AFRICA 0

At Coventry, England

	1	2	3
Canada			
South Africa	**0**	**0**	**0**

First Half
1. Canada, M.Tancredi, seventh minute
Second Half
2. Canada, C.Sinclair, 58
3. Canada, C.Sinclair, 86.
Yellow Cards — South Africa: P.Modise (53).
Referee — Christiana Pedersen, Norway.

WHAT CANADA DID

What Canada Did on Sunday at the 2012 Olympic Summer Games:

BOXING
Men's 69-kg class — Custio Clayton, Dartmouth, N.S. advanced to the second round with a 12-8 victory over Oscar Molina Casillas of Mexico.

CYCLING
Women's road race — Joelle Numainville of Laval, Que., placed 12th in three hours 35 minutes and 56 seconds — 27 seconds behind the winner; Denise Ramsden, Yellowknife was 27th (same time); and Clara Hughes, Glen Sutton, Que., 32nd (3:36:01).

DIVING
Women's three-metre synchronized springboard — Jennifer Abel, Laval, Que., and Emilie Heymans, St-Lambert, Que., won the bronze medal with a score of 316.80 points.

FENCING
Men's individual sabre — Philippe Beaudry, Montreal, lost his round-of-32 match to Dmitri Lapkes, Belarus, 15-10, 13:41.

GYMNASTICS
Women — Canada qualifies sixth place for team final with 167.696 points.

ROWING
Men's double sculls — Michael Braithwaite, Duncan, B.C., and Kevin Kowalyk, Winnipeg, placed third in their repechage race (6:30.74) and earned a semifinal berth.
Men's lightweight double sculls — Morgan Jarvis, Clearwater Bay, Ont., and Douglas Vandor, Dewittville, Que., placed third in their race (6:42.59) and will go to the repechage.
Women's eights — Canada (Ashley Brzozowicz, London, Ont.; Krista Guloien, Port Moody, B.C.; Janine Hanson, Winnipeg; Darcy Marquardt, Richmond, B.C.; Natalie Mastracci, Thorold, Ont.; Andreanne Morin, Quebec City; Lesley Thompson-Willie, London, Ont.; Rachelle Viinberg, Regina; Lauren Wilkinson, North Vancouver, B.C.) advanced to the semifinals after winning their qualifying heat (6:13.91).
Women's lightweight double sculls — Lindsay Jennerich and Patricia Obee, both Victoria, placed fifth in their race (7:10.89) and will have to go through the repechage.

SWIMMING
Men's 200 freestyle — Blake Worsley, Vancouver, won his qualifying heat (1:48.14), but his time was not enough to earn a berth in the semifinals.
Men's 4x100 freestyle relay — Canada (Brent Hayden, Mission, B.C.; Colin Russell, Toronto; Richard Hortness, Medicine Hat, Alta.; and Thomas Gossland, Vancouver) finished fifth in their heat (3:16.42) and 10th overall, did not advance.
Women's 100 backstroke — Julia Wilkinson, Stratford, Ont., was seventh overall in qualifying (59.94), placed fifth in the semifinal (59.91) and did not advance; Sinead Russell, Burlington, Ont., was 13th overall in qualifying (1:00.10), did not advance.
Women's 100 breaststroke — Jillian Tyler, Calgary (1:07.81) and Tera van Beilen of Oakville, Ont. (1:07.85) placed 15th and 16th respectively in qualifying to advance to the semifinals.
Women's 400 freestyle — Brittany Maclean, Toronto, placed second in her heat and sixth overall (4:05.06) to earn a semifinals berth; Savannah King, Toronto, was seventh in the race (4:10.93) and did not advance.

TENNIS
Men's singles — Vasek Pospisil, Vancouver, lost in the first round to fourth-seeded David Ferrer of Spain, 6-4, 6-4.

Horoscopes

♈ Aries
March 21 - April 20
Take what you hear with a large pinch of salt today. Someone will almost certainly try to mislead you but they can only succeed if you let them. If in doubt, follow your instincts — they're not often wrong.

♉ Taurus
April 21 - May 21
Today's Sun-Pluto link means you will need to take care of something you should have taken care of a long time ago. You won't get a third bite of the cherry, so knuckle down and get it right.

♊ Gemini
May 22 - June 21
The cosmic trends have been good to you in recent months but don't start thinking you can do as you please and get away with it. Money matters, especially, will need to be dealt with cautiously this week.

♋ Cancer
June 22 - July 23
If there is something that is worrying you — and there undoubtedly is — you must share your fears with those you love and trust. You don't have to suffer in silence. You don't have to suffer at all.

♌ Leo
July 24 - Aug. 23
Do you really believe in something, or did you copy a friend's idea because it sounded good at the time? If it's the latter today's Sun-Pluto link will force you to face up to its inconsistencies.

♍ Virgo
Aug. 24 - Sept. 23
You may be tempted to break the rules to get ahead of a rival but the planets warn that's not a good idea. Even if it works in the short-term you will lose out in the long-term. It's all about trust.

♎ Libra
Sept. 24 - Oct. 23
The grass may look greener on the other side of the fence but you should know by now that looks can be deceptive. Wherever you are at the moment is where you are supposed to be.

♏ Scorpio
Oct. 24 - Nov. 22
A belief you have never questioned before will begin to worry you today. Could it be that it's incorrect? Could it be you have been looking at it from the wrong angle? Yes it could, so look again.

♐ Sagittarius
Nov. 23 - Dec. 21
A relationship is now at a turning point and by the time Thursday's full moon comes around you will have made a fateful decision. Will it be the right one? It's right for you and that's what matters.

♑ Capricorn
Dec. 22 - Jan. 20
Be nice to your rivals today. If nothing else it will confuse them and make them believe you have some dastardly plan up your sleeve. Confusion leads to mistakes; mistakes lead to opportunities.

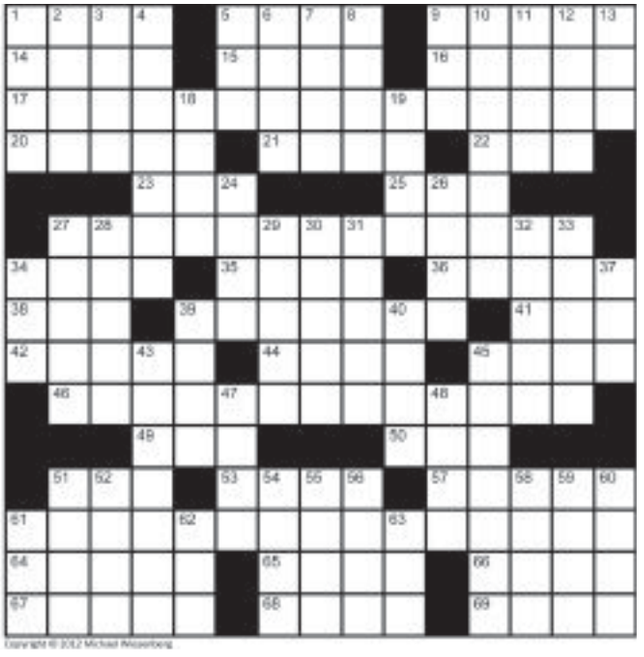
♒ Aquarius
Jan. 21 - Feb. 19
The approaching full moon is making you more touchy than usual and if you are observant you will notice that some people seem to be steering clear of you.

♓ Pisces
Feb. 20 - March 20
Your trust in someone has gone through the floor and you doubt you will ever get back to where you were before. Maybe you're right but time is always a healer and deep down you still have feelings for them.

SALLY BROMPTON

Crossword: Canadiana

BY MICHAEL WIESENBERG



Across
1. Break suddenly
5. Canadiens, to fans
9. "My car got ___ tire, so I was late for work"
14. Animal den
15. Dip ___ in the water: test bath temperature
16. Belt's spot
17. They've won the Grey Cup 13 times
20. Garbage
21. Fiddler while Rome burned
22. Ump
23. Sixth sense
25. ___ Jones Average: stock indicator
27. BC, AB, and SK are here
34. Castle barrier
35. "Scat!"
36. Austin Powers player Mike
38. Encountered
39. Material for a film editor
41. Adversary
42. "___ to reach the operator": rotary phone instructions
44. "Good one!"
45. Fly high
46. Leader of the Conservative Party
49. NNW's opposite
50. Edmonton-born actress _____ Dawn Chong, daughter of Cheech's partner
51. Affirmative
53. Aching
57. Bites like a beaver
61. Scarborough, Ontario rockers with the hit "If I had $1,000,000"
64. Foreign
65. Bring in a harvest
66. Jug for washing
67. Actress Witherspoon
68. "___ for the poor!"
69. Knocks

Down
1. Wiped out: Biblical
2. Nothing: Sp.
3. Points a gun
4. Object formally
5. Chapeau
6. "Hit me like ___ of bricks"
7. Canine treat
8. Crystal ball gazer
9. "Yikes!"
10. "The short grass" on a golf course
11. Green citrus fruit
12. ___ this date: commencing on
13. Sporty Audis
18. Bird home
19. Canadians call it pop
24. Mexican coin
26. "This one's ___": "My turn to buy"
27. "Oh, ___ me!": "Alas!"
28. "___ Joe's": diner invitation
29. It joins the Saone River at Lyons
30. Away from home
31. Athletic advisor
32. *Robinson Crusoe* author Daniel
33. Let out ___: bellow lionlike
34. 2500 in Roman numerals
37. Reverend's Sunday speech: abbr.
39. Fancy dressers
40. Second or reverse on a car
43. Renters
45. Big ___: high roller
47. "___ real nowhere man" : Beatles lyric
48. Sitar music
51. New Haven, Connecticut campus
52. A Great Lake
54. Cajun stew ingredient
55. Film unit
56. Red-wrapped cheese
58. Stereo brand
59. Cry
60. Georgia and Belarus, once: abbr.
61. Tavern
62. SSW opposite
63. CD ancestors

Friday's crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	6						9	
	7	2	5		1	4	6	
9		8				3		7
			2	3	5			
				7				
			6	1	4			
2		4				5		1
	9	6	1		8	2	3	
	3						8	

Friday's Sudoku

Sharability

easy — hard

CASH FOR CLUNKERS

$2000

HAS YOUR CLUNKER BEEN REGISTERED FOR AT LEAST 30 DAYS, IS CURRENTLY RUNNING AND DRIVES?
GUARANTEED $2,000 TRADE-IN VALUE ON ANY NEW OR USED VEHICLES!

NO CATCH!

- NON-COMMISSION SALES STAFF
- WE WILL PAY OFF YOUR TRADE NO MATTER WHAT YOU OWE
- #1 GM RETAILER 3 YEARS IN A ROW
- PLUS $2000 GUARANTEE FOR YOUR OLD CLUNKER, OFF OUR BEST SALE PRICES!
- NO CATCH!!

JUST ANNOUNCED 0% FINANCING ON

NEW 2012 SIERRA 1500'S 0% OAC FOR 72 MONTHS –OR– 0.99% OAC FOR 84 MONTHS

&

NEW 2012 GMC TERRAIN'S 0% OAC FOR 84 MONTHS

*ALL PRICES ARE PLUS FREIGHT, TAXES & FEES. SEE DEALER FOR DETAILS.

NEW 2012 GMC SIERRA CREW CAB
NEVADA PACKAGE, CHROME APPEARANCE PACKAGE, TOW PACKAGE, ONSTAR
0% AVAILABLE OAC FOR 72 MONTHS
STK #32554
LIST $32,480 NOW ONLY $25,996 OR $99/WEEKLY

NEW 2012 BUICK VERANO
A MUST SEE, GREAT FUEL ECONOMY
STK #32462
LIST $25,945 NOW ONLY $23,548 OR $88/WEEKLY

NEW 2012 BUICK REGAL
INTELLILINK, XM RADIO, GREAT FUEL ECONOMY
STK# 32493
LIST $32,040 NOW ONLY $28,989 OR $108/WEEKLY

NEW 2012 GMC CANYON
BLUETOOTH, ONSTAR, AIR, LOW RATES AVAILABLE O.A.C.
STK# 32279
LIST $25,740 NOW ONLY $15,984 OR $65/WEEKLY

NEW 2012 GMC SIERRA REG CAB
4.3 V6, CHROME WHEELS, CHROME GRILL, FOG LAMPS STK#32137
0% FINANCING OAC FOR 72 MONTHS
LIST $30,285 NOW ONLY $19,999 OR $79/WEEKLY

NEW 2012 GMC CREW CAB 4X4
NEVADA CHROME PACKAGE, REAR DEFROST, ONSTAR EDITION
STK#32371
0% FOR 72 MONTHS O.A.C.
LIST $41,545 NOW ONLY $29,998 OR $112/WEEKLY

NEW 2012 2500 HD DURAMAX 4X4
DURAMAX DIESEL, TOW PACKAGE, TRAILER BREAK CONTROL, BLUETOOTH AND ON-STAR
STK#32197
LIST $55,180 NOW ONLY $40,653 OR $149/WEEKLY

NEW 2012 GMC TERRAIN SLE
REAR CAMERA, BLUETOOTH, ONSTAR, XM RADIO
STK#32159
0% FINANCING OAC FOR 84 MONTHS
LIST $29,990 NOW ONLY $26,998 OR $88/WEEKLY

NEW 2012 GMC SIERRA 4X4 LIFT TRUCK
6" LIFT WHEELS, TIRES AND A TON OF ACCESSORIES STK#32492
LIST $62,852 NOW ONLY $49,878 OR $185/WEEKLY

NO CREDIT APPLICATION REFUSED
CALL BRITTANY AT 525-5211 TODAY AND GET APPROVED!

4020 Rochdale Blvd.
www.CapitalGMC.ca

CAPITAL
BUICK • CADILLAC • GMC

PH: 525-5211
1-800-240-5211